

Para cancelaciones de comidas o preguntas sobre sus comidas, Llame a su sitio de las 11:30am día anterior (413) 733-7894

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
Totales incluyen 1 leche baja en grasa de 8 oz (no incluida en la lista) que contiene 100mg sodio y margarina que contiene 15mg sodio. Donación sugerida, confidencial y voluntaria de \$ 3 por comida.	Abreviación: Cal= Calorías Carb= Carbohidrato Na= El contenido de sodio	1 Pollo con Alcachofas (556) Tossed Salad w/Ranch(122) Penne Pasta(22) Garlic Toast(210) Reg/Diet Cookie(70)	4	3 Pastelón(161) White Rice(4) Whole Wheat Bread(150) Apple Crisp(45)
Cal:583 Na:74/72 Na:978		Cal:713 Carb: 81 Na:1120		Cal:831 Carb:100 Na:682
6 Mac & Queso(296) Stewed Tomatoes(205) Whole Wheat Bread(150) Cranberry Juice (3) Reg/Diet Jello(53) w/Topping(12)	9	8 Taco de Carne(156) Tossed Salad(12) w/Ranch(110) Yellow Rice(97) Tortilla Chips(46) Reg/Diet Cookies(70)	11	10 Pot Roast con Salsa (126) Steamed Peas(97) Mashed Potatoes(118) Whole Wheat Bread(150) Mixed Fruit(5)
Cal:568 Carb:70/69 Na:840		Cal:860 Carb:96 Na:1114		Cal:725 Carb:85 Na:626
13 Sin Servicio de Comidas	16	15 Pescado al Horno (296) Parslied Carrots Rice Pilaf(11) Whole Wheat Bread(150) Mandarin Oranges(7) Tartar(130)	18	17 Fajitas de Pollo(491) Fajita Blend Vegetables(3) Yellow Rice(20) Sour Cream(9) Wheat Tortilla(170) Fresh Fruit(1)
		Cal:592 Carb:71 Na:806		Cal:505 Carb:60 Na:896
20 Chili de Pavo(335) Sour Cream(9) Mixed Vegetables(53) White Rice(4) Italian Bread(230) Chilled Pineapple(1)	23	22 Comida de Cumpleaños Cerdo a la Barbacoa (365) Green Beans(5) Mashed Potatoes(104) WW Burger Bun(160) Birthday Cake(215)	25	24 Pollo con Arándanos y Manzana (278) Steamed Peas(97) Roasted Red Potatoes(22) Multigrain Bread(200) Reg(53)/Diet Jello(35)w/Topping(12)
Cal:744 Carb:107 Na:773		Cal:746 Carb:91/79 Na:939		Cal:689 Carb:82/80 Na:766
27 Arroz con Pollo*(718) Mashed Butternut Squash (3) Multigrain Bread(200) Apple Crisp(46)	30 Menú sujeto a modificaciones Sin previo aviso.	29 Pastel de Cangrejo *(600) Steamed Corn(4) Coleslaw(122) Tartar(130) Whole Wheat Bread(150) Chilled Pineapple(9)		31 Feliz Halloween Pastel de Carne con Salsa(304) Steamed Peas(97) Mashed Potatoes(26) Whole Wheat Bread(115) Chocolate Cake(330)
Cal:867 Carb:125 Na:1126		Cal:674 Carb:96 Na:1138		Cal:864 Carb:106 Na:1048

For Reservations or Cancellations call (413) 733-7894 by 11:30 a.m. one business day in advance.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
If you have a special concern regarding the sodium, contact the Nutritionist. Call GSSSI 781-8806 X 1136 for more information. Total Sodium & Calories include regular dessert, milk(100mg Na) & margarine(15mg Na).	Key for Symbols: Cal=Calories Carb = Carbohydrates Na= Sodium	1 Rosé Chicken(556) Tossed Salad w/Ranch(122) Penne Pasta(22) Garlic Toast(210) Reg/Diet Cookie(70) Cal:713 Carb: 81 Na:1120	4	3 Shepherd's Pie(161) Steamed Peas(97) Mashed Potato Topping Whole Wheat Bread(150) Apple Crisp(46) Cal:689 Carb:78 Na:613
6 Mac & Cheese(296) Stewed Tomatoes(205) Whole Wheat Bread(150) Cranberry Juice (3) Reg/Diet Jello(53) w/Topping(12) Cal:568 Carb:70/69 Na:840	9	8 Turkey Taco Bowl(156) Tossed Salad(12) w/Ranch(110) Yellow Rice(97) Tortilla Chips(46) Reg/Diet Cookies(70) Cal:860 Carb:96 Na:1114	11	10 Pot Roast w/Gravy (126) Steamed Peas(97) Mashed Potatoes(118) Whole Wheat Bread(150) Mixed Fruit(5) Cal:725 Carb:85 Na:626
13 HOLIDAY- NO MEALS	16	15 Butter Crumb Fish(296) Parslied Carrots Rice Pilaf(11) Whole Wheat Bread(150) Mandarin Oranges(7) Tartar(130) Cal:592 Carb:71 Na:806	18	17 Chicken Fajitas(491) Fajita Blend Vegetables(3) Yellow Rice(20) Sour Cream(9) Wheat Tortilla(170) Fresh Fruit(1) Cal:505 Carb:60 Na:896
20 Turkey Chili(335) Sour Cream(9) Mixed Vegetables(53) White Rice(4) Italian Bread(230) Chilled Pineapple(1) Cal:744 Carb:107 Na:773	23 Menu subject to change without notice	22 BIRTHDAY MEAL BBQ Pulled Pork(365) Green Beans(5) Mashed Potatoes(104) WW Burger Bun(160) Birthday Cake(215) Cal:821 Carb:91 Na:989	25	24 Cranberry Apple Chicken(278) Steamed Peas(97) Roasted Red Potatoes(22) Multigrain Bread(200) Reg(53)/Diet Jello(35)w/Topping(12) Cal:689 Carb:82/80 Na:766
27 Chicken & Dumplings*(541) Mashed Butternut Squash (3) Multigrain Bread(200) Apple Crisp(65) Cal:779 Carb:105 Na:1053	30	29 Crab Cake*(600) w/tartar(130) Steamed Corn(4) Coleslaw(122) Whole Wheat Bread(150) Chilled Pineapple(9) Cal:674 Carb:96 Na:1138		31 HAPPY HALLOWEEN Meatloaf w/Mushroom Gravy(304) Steamed Peas(97) Mashed Potatoes(26) Whole Wheat Bread(115) Chocolate Cake(330) Cal:864 Carb:106 Na:1048